



Fran Ahrens has dedicated herself to the practice, study, and teaching of Pilates since discovering its joys and benefits in 1996. She shares her love of Pilates not only with the clients she works with in her studio, but also through the Body in Balance Teacher in Training Program. Fran originally founded Body in Balance in 1994 as a therapeutic massage center. While studying at The Chicago School of Massage Therapy, she discovered profound healing through Yoga and has been a devotee ever since. Yoga has allowed Fran to deepen her connection to personal insight and with gentle guidance, help her clients learn to unfold naturally. Continuing to seek the perfect accompaniment to massage, Fran moved to Boulder, CO to study the healing arts. It is there that she had the opportunity to train under Amy Alpers and Rachel Segal, owners of the famed Pilates Center.